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BACK *in the driver's seat*

A young dad overcomes trauma with his family's love and the help of an expert team

PAGE 6

Aaron Reynolds, who had a traumatic injury, has returned to riding his motorcycle. Here he is with wife Hannah (left, in sidecar) and older son Owen (behind him). His other son, Brennan, is not pictured.

FOLLOW THE LEADER

Here to Serve

Welcome to the winter edition of *InHealth*! These stories are a testament to the tireless, hard work of the Inova Fairfax Medical Campus (IFMC) staff. Because of them, IFMC has once again been recognized both by *U.S. News & World Report* and Healthgrades as a top-performing hospital (page 2).

Inova's service promise is that we seek every opportunity to meet the unique needs of each person we are privileged to serve — every time, every touch. Our staff is dedicated to meeting this promise, and in support of that commitment, we focus on two key results: a great place to work and an exceptional patient experience. When we provide a great place to work, our staff are able and empowered to deliver an exceptional patient experience.

In the first quarter 2018 we are training all of our staff on Inova's Cultural Beliefs, which include:

- Patient Always
- Value People
- Focus
- Stronger Together
- Engage & Decide
- Tell Me

These guiding principles give us footing to provide great experiences to our patients and to each other. Inova strives to provide our patients with outstanding treatment, from the moment they arrive to the moment they are discharged. We are honored to serve you.



PATRICK CHRISTIANSEN, PhD
CEO, Inova Fairfax Medical Campus
Executive Vice President, Inova



AWARDS

STRONG Showing

Inova Fairfax Medical Campus receives high marks



Choosing where to go for healthcare is a decision most people do not take lightly. Fortunately, consumers can look to a variety of resources to compare hospitals and doctor ratings. Two of the most respected are *U.S. News & World Report* and Healthgrades, which have recently recognized Inova Fairfax Medical Campus (IFMC) as a top-performing hospital.

REGIONAL AND NATIONAL RANKINGS

In August, *U.S. News* ranked IFMC as a “Best Hospital” in three geographical areas: the Washington, DC, metropolitan area, in the state of Virginia and for Northern Virginia. Inova Children’s Hospital ranked nationally in the top 50 Best Children’s Hospitals in neonatology for the fifth year in a row.

IFMC was also recognized as “High Performing” in several specialties and for multiple adult procedures and conditions, including:

- Nephrology
- Neurology/Neurosurgery
- Heart Failure
- Heart Bypass Surgery
- Aortic Valve Surgery
- Colon Cancer Surgery
- Lung Cancer Surgery

More information on the rankings is available at inova.org/usn.



ABOVE AND BEYOND

Healthgrades bestows awards to hospitals all over the United States based on quality and performance of procedures and care. IFMC has garnered the following Specialty Excellence Awards from Healthgrades in recent years:

- America’s 50 Best Hospitals for Cardiac Surgery Award (2018)
- America’s 100 Best Hospitals for Cardiac Care Award (2018)
- America’s 100 Best Hospitals for Critical Care Award (2018)
- America’s 100 Best Hospitals for Gastrointestinal Care Award (2018)
- America’s 100 Best Hospitals for General Surgery Award (2018)
- America’s 100 Best Hospitals for Pulmonary Care Award (2018)
- America’s 100 Best Hospitals for Stroke Care Award (2018, 2017, 2016, 2015)
- Neurosciences Excellence Award (2018, 2016, 2015)

For more information about Healthgrades awards, please visit inova.org/hg.

Beyond awards and rankings, many programs and services at IFMC carry certifications and accreditations from external clinical review groups and professional associations that perform rigorous reviews.



CLARIFICATION

Page 7 of the Fall 2017 issue of *InHealth* showed a photo of U.S. Army specialist Charles Furstenberg on graduation day for Marine Corps basic training. He enlisted in the Army about a year after graduating from the Marine Corps.

Tailor-Made FOR KIDS

Pediatric urgent care centers provide distinctive, child-centered services



As every parent knows all too well, children’s illnesses and injuries are not limited to doctors’ office hours. Until recently, the only option for nights and weekends was the emergency room (ER), which could come with long waits for minor incidents.

That’s why Inova’s pediatric urgent care centers — in Tysons, Dulles South and Springfield — are a welcome option for patients, parents and pediatricians. While all Inova Urgent Care Centers accept pediatric patients, these locations have specially trained pediatric providers on-site during designated hours.

“Having a pediatric-focused center goes a long way toward providing services that make kids feel comfortable, and really treats the whole family,” says Director of Clinical Operations Mara Carter.

The centers offer a range of benefits:

- Staff are specially trained in pediatric emergency medicine, so they’re experienced in taking care of a wide array of injuries and illnesses.

- Exam rooms and waiting areas are child-friendly, with colorful artwork, iPads loaded with games, and kid-sized furniture. This environment helps children feel more comfortable and significantly reduces their anxiety about being in a healthcare setting.
- There is transportation to Inova Children’s Hospital or to the pediatric ER at Inova Loudoun or Inova Fair Oaks hospital, if needed.
- On-site diagnostic imaging is available.

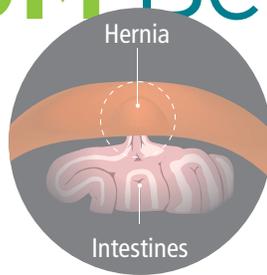
Another major advantage is that the pediatric urgent care centers are connected to all the resources of Inova, adds Medical Director B. Jill McCabe, MD. “We are able to access specialists, if needed, so you have comprehensive care,” she says. “These centers provide a higher level of services for children and their families.”

WE KNOW IT’S URGENT

Just walk in or reserve your spot ahead of time at inova.org/urgentcare.

MAXIMUM Benefits

Minimally invasive robotic surgery for hernia repair



An abdominal hernia displaces contents outside of the abdominal cavity.

This year, in order to continue providing patients with top-notch surgical care, doctors at Inova Fairfax Medical Campus (IFMC) have started performing a new minimally invasive robotic procedure to repair hernias.

The robotic transversus abdominis release (rTAR) procedure uses leading-edge robotic technology for advanced abdominal wall reconstruction. Previously,

open surgery was utilized to repair larger incisional hernias. While these surgeries were successful, they carried a higher risk of wound complications and longer hospital stays due to the size of the incisions. According to IFMC clinicians, rTAR offers less of a risk of wound complications and shorter hospital stays.

“The robotic surgery program here offers many advantages,” explains

Paula Graling, DNP, RN, CNOR, FAAN, Interim Senior Director of Perioperative Services and Director of the Department of Surgery. “Robots provide optimal visualization and ease of surgical manipulation for surgeons, and create smaller incisions with less pain for patients. This promotes easier patient recovery.”

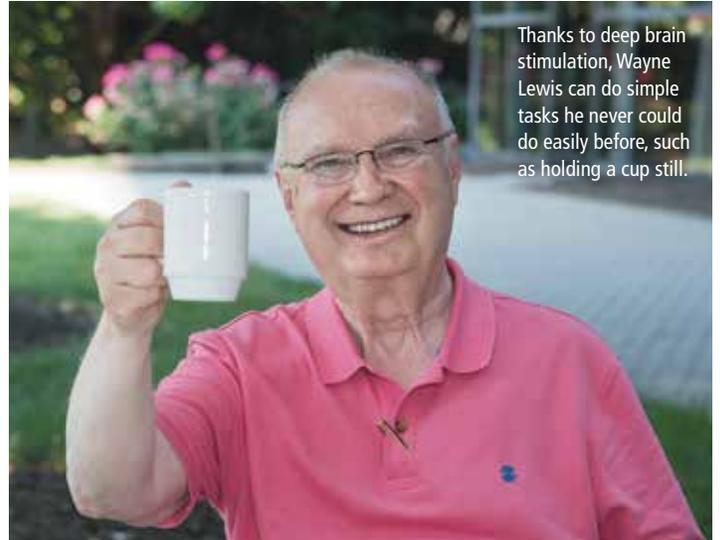
“The robotic approach is appealing because it gives us all the advantages of the minimally invasive approach, including fewer complications, shorter hospital stays and faster recovery, while being just as effective as open TAR,” adds Gordon Hafner, MD, FACS, Section Chief, General Surgery. “It has great potential for our patients.”

ROBOTIC WONDERS

Learn more about robotic surgery at Inova at inova.org/davinci.

HOLDING STEADY

Deep brain stimulation helped Wayne Lewis regain his quality of life



Thanks to deep brain stimulation, Wayne Lewis can do simple tasks he never could do easily before, such as holding a cup still.

Wayne Lewis can do things he hasn't been able to do for more than a decade. After receiving deep brain stimulation (DBS) at the Inova Movement Disorders Program, the 72-year-old retiree, who lives in upstate New York, is back to enjoying activities with his family and friends without the cumbersome symptoms of Parkinson's disease.

"Before the procedure, I was slower mentally and I would get tired easily," recalls Wayne. "The tremors in my right hand made it difficult to read my writing, and I had to have soup in a cup so I could drink it."

Now with his symptoms under control, he's back to boating with family and friends on the lake by his house, and he can actively play with his grandchildren and mow the lawn with ease. "I have much more freedom of movement," he says. "Friends and people who haven't seen me for years say I'm my old self."

BETTER CONTROL

When Wayne first visited the Inova Movement Disorders Center, he was taking standard medications for Parkinson's symptoms, but over the years the drugs had become less effective. He and his wife, Ruthann, drove nine hours for an evaluation when a friend recommended the Inova Movement Disorders Program, which helps people with Parkinson's disease, essential tremor and dystonia regain their quality of life.

"When Wayne came in to see us he was taking three medications. He was starting to feel how the medicines fluctuate, and he wasn't happy with how they were working. With DBS, we were able to eliminate two medicines and lower the third by 60 percent," says Drew Falconer, MD, a neurologist and Co-Director of the Inova Movement Disorders Program.

LEADING EDGE

The program is on the forefront of DBS technology, drawing people from all over the country for treatment. Wayne is the first person in Northern Virginia to be implanted with the latest model of DBS. "This newer system allows us more control," says neurologist Sean Rogers, MD, PhD, a neurologist and Co-Director of the Inova Parkinson's and Movement Disorders Program. "It allows us to specifically target certain areas of the brain to get a better benefit."

From the moment Wayne had surgery and the system was activated, his symptoms began to subside.

"Mr. Lewis already has controlled the symptoms better," says Mahesh Shenai, MD, MBA, a neurosurgeon and Director of Functional and Restorative Neurosurgery at Inova Fairfax Medical Campus. "Once the device was turned on, you could see the results fairly rapidly and dramatically."

First-Line Treatment

For 20 years, deep brain stimulation (DBS) has been used to treat the symptoms of Parkinson's disease and essential tremor. The procedure involves implanting a tiny pacemaker-like device that delivers electrical stimulation to specific areas in the brain to block abnormal impulses.

Whereas DBS used to be a last-resort therapy for patients with advanced

Parkinson's, last year the FDA approved the device for patients just four years after symptom onset who are not achieving desired results from their medication.

"You can get such good benefits with DBS while cutting back on medications that it shouldn't be a last resort," says Sean Rogers, MD. "There are so many things you can do if your Parkinson's is well-controlled."

FOLLOW WAYNE'S JOURNEY

Learn more about Wayne Lewis' experience with deep brain stimulation at inova.org/waynesstory.

THE BEST FOR BABY

When the going gets tough, new parents find the help they need

For first-time mom Gwynne Booth, everything went just the way she had hoped when she delivered her baby, Wren, at Inova Women's Hospital last December. Despite a bump in the road — her 20-week ultrasound revealed a small benign cyst on her baby's brain — Wren was born a happy, healthy baby.

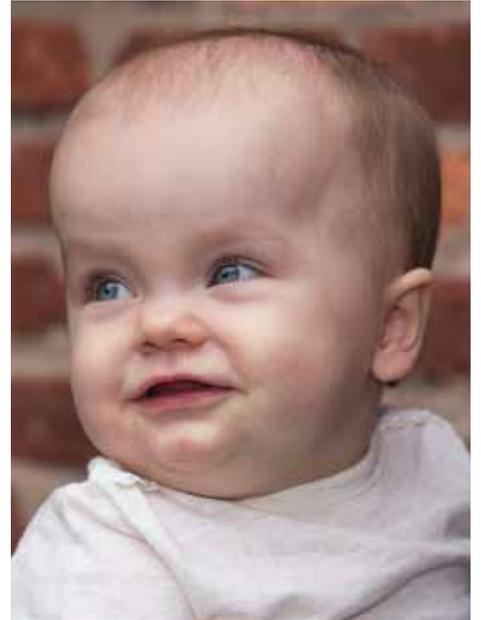
But at Wren's 6-month checkup, she was slightly under the weather and her head measurement was much larger than it had been at her 4-month visit. To rule out any neurological problems, the pediatrician recommended that Gwynne and her husband, Steve, bring Wren to the Inova Fairfax Medical Campus Emergency Room. A CT scan revealed that the cyst had grown and was preventing cerebral spinal fluid

from draining. Wren was admitted to the hospital that night, and Gwynne and Steve stayed by her side.

TEAM WREN

The next morning, Leon Moores, MD, Associate Chair, Pediatric Neurosciences, Inova, evaluated Wren. Dr. Moores told Gwynne and Steve that a cyst of that size on a baby's brain is rare, and Wren would need urgent surgery. Despite the scary diagnosis, Gwynne and Steve were confident that Wren would be fine.

"In addition to being a world-renowned pediatric neurosurgeon, Dr. Moores has this wonderful, reassuring bedside manner," says Gwynne. "He put our minds at ease that things were going to be OK, that Wren was going to come through surgery well, and she did."



Wren is healthy after undergoing surgery for a rare brain cyst at only 6 months old.

SUPPORTIVE SURROUNDINGS

The new parents found themselves surrounded by caring, competent staff who supported them during and after Wren's surgery. For two weeks, they stayed in a private room with Wren in the Pediatric Intensive Care Unit at Inova Children's Hospital, where they were provided with breakfast, lunch and dinner so they never had to leave their baby's side. "This was one of the worst situations you could ever imagine as new parents, but everyone was so wonderful to us and our baby," says Gwynne.

Today, 1-year-old Wren is thriving. "She's hitting all her milestones and doing everything her pediatrician was hoping she'd do by this point, so it's just a very happy outcome," says Gwynne.

It Takes a Village

The pediatric neurosurgical team at Inova Children's Hospital leads the way in multidisciplinary care for children with brain abnormalities.

"We are very well-positioned in Northern Virginia with a depth and breadth of specialists including radiologists, neurologists, anesthesiologists and intensive care doctors to be able to provide literally the highest level of neurosurgical care available," says Leon Moores, MD. "It puts us in the position of being able to take care of kids close to home, so they can stay in Northern Virginia and still get world-class care."

In addition to providing the highest level of surgical care, the hospital offers a Child Life Program to support children and their families during their hospital stay.

FIND OUT MORE

To learn more about Inova Children's Hospital, visit inovachildrens.org or call **703.776.4002**.

RECLAIM

HIS L

Aaron Reynolds has benefited from rehab. Here he is at the prosthetist's office in January 2017.

A young dad overcomes trauma with his family's love and the help of an expert team

Aaron Reynolds doesn't remember much about the car crash two winters ago that landed him in the hospital for a month. It was late February, and the aviation systems analyst was on his way home from work in Remington, VA, when his Subaru Outback collided with a stoplight in the center of a median. Due to the severity of Aaron's injuries, he was air-lifted directly to the Inova Trauma Center, 50 miles from the site of the crash.

Upon Aaron's arrival, he was evaluated with CT scans of most of his body and X-rays of all his extremities to diagnose his extensive injuries.

"Mr. Reynolds had true polytrauma, meaning he had severe injuries in multiple locations on his body," explains

When Trauma Lingers

To help patients cope with the emotional effects of a traumatic injury, the Inova Fairfax Trauma Acute Care Surgery Division participates in the American Trauma Society's Trauma Survivors Network. It provides support groups and resources for individuals who are preparing for the recovery ahead or who are suffering from the

emotional effects years after an injury.

"The program helps normalize what patients are going through, and they're able to connect with each other and connect to resources and support," says Shira Rothberg, LSW, Trauma Survivors Network Coordinator. "We help people who come through our trauma unit,

and we also have people coming to us from the community."

This network also has a peer support program staffed with specially trained trauma survivors who volunteer to provide guidance and support.

If you have experienced a traumatic injury and would like to talk to someone, call the network at **703.776.2274**.

ING

FREE

Christopher Michetti, MD, FACS, FCCM, Medical Director of the Trauma Intensive Care Unit (ICU) and Director of the Surgical Critical Care Fellowship.

Aaron's right leg was damaged beyond repair, prohibiting blood flow to the lower part of his leg. Within hours of his arrival, he was immediately transferred to the operating room to have the limb surgically removed. On the left side, his ankle and one of the bones in his foot were fractured.

Despite the complexity and severity of Aaron's injuries, the trauma team, which cares for up to 2,800 patients each year, was well-equipped to handle every aspect of his care.

"The Trauma Acute Care Division is staffed 24/7 with a team led by a general surgeon with extra training in trauma and surgical critical care," says Maggie Griffen, MD, FACS, Chief of the Division of Trauma Acute Care Surgery. "The surgeon coordinates the patients' care in collaboration with neurosurgery, orthopedic surgery, anesthesiologists, emergency medicine providers, nurses certified in trauma and critical care, respiratory therapists and mental health specialists." Multiple other subspecialty physicians are also available to assist in patient care as needed.

"We are Northern Virginia's only Level 1 Trauma Center, meaning we provide the highest level of specialty trauma care and have for the community for over 30 years," she points out. "All of our surgeons are board-certified and have earned fellowship degrees."

ROUND-THE-CLOCK CARE

After Aaron was stabilized, he was transferred to the Trauma ICU for 32 days, during which time he underwent a total of 10 major operations — eight on his extremities and two on his cervical spine. "Patients such as Aaron can get very sick, requiring many treatments and interventions," comments Erik Teicher, MD, FACS.

The trauma team continued to care for Aaron throughout his entire hospitalization. "Trauma care is reliant on attention and expertise and being ready for any kind of change in situation," says Dr. Michetti. "We provide the frequency of attention that



Just a regular family: Aaron Reynolds with his children, Brennan (left) and Owen (right), and his wife, Hannah, in April 2016.

Preventing and Healing Trauma

The Trauma Acute Care Division at Inova Fairfax Medical Campus is a comprehensive program that provides prevention education, acute care and support for patients and their families. "Trauma is the No. 1 healthcare problem in the United States," says Maggie Griffen, MD, FACS. "It's the No. 1 killer of people ages 1 to 44. Our goal is to prevent injuries."

The trauma services department works in the community to promote trauma prevention with an emphasis on motor vehicle safety, bike safety, pool safety, car seat safety and fall prevention. It also is an active participant in the national "Stop the Bleed" campaign,

which trains the general public to become equipped and empowered to stop life-threatening bleeding emergencies until medical help arrives.

When it comes to treating traumatic injuries, the program offers the highest level of intensive care followed by acute care once a patient is stabilized.

"We take care of the patient from the moment they arrive to the moment we discharge them to home," says Dr. Griffen.

people need and the level of attention required to get them through some pretty devastating situations."

Although Aaron was sedated much of the time he spent in the ICU, he remembers being surrounded by his family and a caring staff. "When I came to, I was just slowly trying to figure out what had happened," says the 35-year-old husband and father of two boys. "Luckily, I had a ton of family and friends around me constantly."

LOOKING AHEAD

Soon after he was released from the ICU, Aaron started inpatient rehabilitation at Inova Mount Vernon Hospital. Although the going was rough at first, with the guidance of highly trained physical therapists, Aaron slowly worked his way back to normalcy. "I was convinced I would never function normally again, but they told me that I would," he says. "Everybody at Inova was great."

In July he began using a prosthesis, and within six months of the injury, Aaron went for a ride on his Harley. "It felt like I had never missed a beat," he recalls.

Now he's back to work and no longer needs to use pain medication. The event that changed his life is now just a memory. "I'm at peace with it," says Aaron. "I would like to let people know that you do adapt, you do bounce back."

KNOW MORE

To find out more about Inova's Trauma Services, please visit inova.org/trauma.

Inova is a not-for-profit healthcare system located in Northern Virginia in the Washington, DC, metropolitan area, serving over 2 million people with over 1,700 licensed beds. It consists of five hospitals including the area's only Level 1 Trauma Center and Level 4 Neonatal Intensive Care Unit. Inova encompasses many health services including the internationally recognized Inova Heart and Vascular Institute (IHVI), Inova Translational Medicine Institute (ITMI), Inova Neuroscience Institute, Inova Schar Cancer Institute and Inova Children's Hospital. Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. More information about Inova is at inova.org.

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RESEARCH

NEW HOPE for Treatment

New clinical trial geared to people with advanced cancer



Do you have an advanced cancer that is no longer responding to standard anti-cancer treatment? If so, you may be eligible for a new clinical trial that seeks to learn whether approved drugs might work against different cancers.

The Targeted Agent and Profiling Utilization Registry (TAPUR) study, which is supported by the American Society of Clinical Oncology, is now

available at Inova Schar Cancer Institute and open to eligible patients.

The TAPUR clinical trial evaluates a patient's tumor for specific mutations. If any are found, the patient may be eligible to receive a drug specifically for that mutation, regardless of the type of cancer. The Food and Drug Administration has approved all drugs in the study.

Here are additional criteria for participation in the study:

- You are at least 18 years old.
- You are not currently pregnant and do not plan to become pregnant soon.
- You have had a genomic or molecular profiling test performed on your cancer.
- You are out of bed and active at least half the day.

Call **703.970.6488** for more information about participating in the TAPUR study at Inova.



We value your feedback. Visit inhealth-survey.questionpro.com to fill out a brief survey about *InHealth* and enter yourself into a \$50 gift card drawing.

STOP THE BLEED WORKSHOP

Learn first-aid skills to stop life-threatening blood loss in emergency situations.

When: Monday, Jan. 15, 6-7:30 p.m.

Where: Inova Fairfax Medical Campus, Physicians Conference Center
RSVP to surveymonkey.com/r/StopTheBleedJan2018.
For questions, call **703.776.2274** or email colleen.brooks@inova.org.

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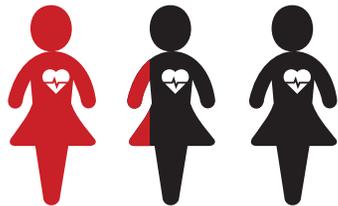


Baby Time

Schedule a tour or complete online registration for your OB admission at inova.org/baby.



More than **1 in 3 female adults** have some form of cardiovascular disease.



WOMEN AND HEART DISEASE

Causes and symptoms of heart disease can be strikingly different between the sexes. As a result, women are more vulnerable to slower diagnosis and inadequate treatment. The Inova Center for Women's Cardiovascular Health focuses on assessing and managing the unique cardiovascular needs of women.

Recent data from the American Heart Association show heart attacks strike more women than men in this country, and death rates from cardiovascular disease remain higher among women than men. Women who suffer heart attacks also tend to have longer hospital stays and more complications than the average male patient.

"Dedicated women's heart programs consisting of heart health counseling and treatment can have a dramatic and lasting impact," says interventional cardiologist Kelly Epps, MD, FACC, who directs the Inova Center for Women's Cardiovascular Health. "At Inova, we have created a multidisciplinary team focused on personalized cardiovascular risk assessment, education and disease management throughout the lifespan of a woman."

FEBRUARY IS AMERICAN HEART MONTH

CAMPAIGN PROMOTES SMART HEALTH CHOICES

Making healthy choices and managing health conditions, such as obesity, diabetes, high cholesterol and high blood pressure, can prevent heart disease. Controlling and preventing risk factors is especially important for people who already have heart disease.

JOIN THE MOVEMENT

Inova Heart and Vascular Institute (IHVI), a leader in treating heart disease, would like to encourage people to make a commitment to their heart health. The American Heart Association's (AHA's) Healthy for Good™ campaign offers tips, tools and other user-friendly information to help people make lasting changes to their health and well-being.

The campaign is based on over 90 years of knowledge cultivated by the AHA. Its four core ideas (shown at left) are: Eat smart. Add color. Move more. Be well. Find out more about the movement and how you can benefit from it at inovaheart.org/H4G.

SPECIALTY HEART-CARE SERVICES AT IHVI

For those who need assistance in managing risk factors or who need treatment, Inova offers the area's largest network of heart care specialists in the following areas:

- Arrhythmia
- Cardiology
- Cardiac and Thoracic Surgery
- Vascular Medicine and Surgery

EAT SMART.



Get ideas for better snacking and delicious recipes, and learn meal planning tips.

ADD COLOR.



Add color to every meal and snack, because adding even one more serving of color each day contributes to building a healthier body.

MOVE MORE.



Our bodies were built to move, and they need regular activity to be healthy.

BE WELL.



For whole-body health, you need to rest, reset and recharge.

Learn more about the Healthy for Good movement at inovaheart.org/H4G.

Find delicious and heart-healthy recipes at inovaheart.org/recipes.